

Amendments to the Claims:

This listing of claims will replace all prior versions of claims in the application:

Listing of Claims:

1. **(Currently Amended)** A sporting good comprising:

 sequence indicia disposed thereon including at least one figure demonstrating an action to take with the sporting good;

 the figure being shown in a sequence of positions representing the action whereby a person can view the sequence indicia, and learn and practice the action;

 the figure including a representation of legs and secondary indicia disposed in connection with the legs showing how to transfer and distribute weight correctly during the action;

 the secondary indicia including light indicia to indicate even weight distribution and dark indicia to indicate primary weight distribution.
2. **(Canceled)**
3. **(Canceled)**
4. **(Currently Amended)** The sporting good of claim 3 1 wherein the secondary light indicia includes light shading to indicate even weight distribution, and the dark indicia includes dark shading to indicate primary distribution.

5. **(Previously Presented)** The sporting good of claim 1 wherein the good is a ball.

6. **(Previously Presented)** The ball of claim 5 wherein the ball is one of a basketball, a football, a playground ball, a volley ball, and a soccer ball.

7. **(Previously Presented)** The sports ball of claim 5 wherein the action to take with the ball is one of passing, kicking, dribbling, catching, shooting, throwing, serving, digging, and spiking the ball.

8. **(Previously Presented)** The sporting good of claim 4 including a legend explaining the shading.

9. **(Previously Presented)** The sports ball of claim 5 including a legend explaining the action.

10. **(Previously Presented)** The sporting good of claim 1 further including hand placement indicia disposed on the good indicating desired hand placements on the sporting good for handling the sporting good.

11. **(Previously Presented)** The sporting good of claim 10 further including at least one legend explaining the hand placement indicia.

12. **(Previously Presented)** The sporting good of claim 1 further including strike indicia disposed on the sporting good indicating a desired manner of striking the good.

13. **(Previously Presented)** The sporting good of claim 12 further including at least one legend explaining the strike indicia.

14. **(Previously Presented)** The sporting good of claim 1 further including catching indicia indicating a desired manner for catching a sporting good.

15. **(Currently Amended)** A method for using a ball having indicia disposed thereon including a figure shown in a sequence of positions demonstrating an action to take with the ball, the figure including a representation of legs and weight indicia including light and dark shading disposed in connection with the legs showing how to transfer and distribute weight correctly during the action, the method including the steps of:

Observing the indicia;

Studying the teachings of the indicia; and

Performing the action shown by the indicia.

16. **(Currently Amended)** A method for instructing a person in the use of a sports ball including the steps of:

imprinting upon the ball indicia including a figure shown in a sequence of positions, and

demonstrating with the sequence an action to take with the ball whereby a person can practice the action,

the figure including a representation of legs and weight indicia including light and dark shading disposed in connection with the legs showing how to transfer and distribute weight correctly during the action.